

CLAIMS

What is claimed is:

1. A head restraint for seats in motor vehicles whereby said head restraint reduces occupant's head acceleration and neck tensile forces in cases of impact
5 comprising:

a post of any shape;
foam of a desired thickness;
an insert sized to cover a majority of the surface area on the front face and top of said head restraint;

10 and trim cover.

2. The head restraint as in claim 1, wherein said insert comprises clips in various locations around outer perimeter of said insert whereby said clips snap over said post allowing insert some support over said post; said insert molded into said foam; said foam fully enveloping said post; said trim cover enveloping said post, said foam, and said
15 insert.

3. The head restraint as in claim 1, wherein said insert comprises holes that mate with locating pins over said post; said foam poured over said insert and said posts; said locating pins are removed when said foam is pored, said trim cover enveloping said post, said foam, and said insert.

20 4. The head restraint as in claim 1, wherein said insert comprises plastic, steel, or any composite material.